**Fitzones Virtual & In-Person Drop-In Fitness & Yoga Pass**

**Summer 2022 | Session A | June 21 - July 31 | No Classes on 6/20, 7/2, 7/3, and 7/4**

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><strong>Core de Force</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;Zoom (Courtney)</td>
<td><strong>Gentle Yoga &amp; Moving Meditations</strong>&lt;br&gt;L1/2, 7:00-8:00 AM&lt;br&gt;Zoom (Kathy M.)</td>
<td><strong>Yoga</strong>&lt;br&gt;L1/2, 12:00-1:00 PM&lt;br&gt;Zoom (Stephanie)</td>
<td><strong>Gentle Yoga &amp; Moving Meditations</strong>&lt;br&gt;L1/2, 8:00-9:00 AM&lt;br&gt;Zoom (Kathy M.)</td>
<td><strong>Alexander Technique</strong>&lt;br&gt;Stress &amp; Tension Release Break&lt;br&gt;L1, 11:30-11:45 AM&lt;br&gt;FB Live (Kosta)</td>
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<td><strong>Dance Cardio &amp; Conditioning</strong>&lt;br&gt;M2, 12:10-12:30 PM&lt;br&gt;Zoom (IKU)</td>
<td><strong>Tai Chi &amp; Qi Gong</strong>&lt;br&gt;*Starts 6/28&lt;br&gt;L1, 11:30 AM-12:30 PM&lt;br&gt;Zoom (Peter A.)</td>
<td><strong>Dance Cardio &amp; Conditioning</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;Zoom (IKU)</td>
<td><strong>Tai Chi &amp; Qi Gong</strong>&lt;br&gt;*Starts 6/30&lt;br&gt;L1, 11:30 AM-12:30 PM&lt;br&gt;Zoom (Peter A.)</td>
<td><strong>Intro to Alexander Technique</strong>&lt;br&gt;L1, 12:00-1:00 PM&lt;br&gt;Zoom (Kosta)</td>
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<td><strong>Dance Cardio &amp; Conditioning</strong>&lt;br&gt;M2, 12:15-12:55 PM&lt;br&gt;CHS 8th Floor&lt;br&gt;Rooftop Patio (Mandy)</td>
<td><strong>Chair Yoga for the Office</strong>&lt;br&gt;L1, 12:00-1:00 PM&lt;br&gt;Zoom (Kathy M.)</td>
<td><strong>Restorative Yoga</strong>&lt;br&gt;L1, 4:30-6:00 PM&lt;br&gt;Zoom (Mona)</td>
<td><strong>Dance Cardio Party</strong>&lt;br&gt;M2, 12:10-12:50 PM&lt;br&gt;Zoom (Meghan)</td>
<td><strong>Functional Yoga</strong>&lt;br&gt;L1, 12:00-1:00 PM&lt;br&gt;Zoom (Tiffany)</td>
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<td><strong>Total Body Challenge</strong>&lt;br&gt;L1/2, 5:15-6:15 PM&lt;br&gt;Zoom (Jacinta)</td>
<td><strong>Yoga</strong>&lt;br&gt;M2, 12:15-12:55 PM&lt;br&gt;CHS 8th Floor&lt;br&gt;Rooftop Patio (Adina)</td>
<td><strong>Yoga</strong>&lt;br&gt;L1/2, 1:00-2:00 PM&lt;br&gt;Zoom (Stephanie)</td>
<td><strong>Total Body Challenge</strong>&lt;br&gt;L1/2, 12:15-12:55 PM&lt;br&gt;Zoom (Mona)</td>
<td><strong>Deep Stretching &amp; Relaxation</strong>&lt;br&gt;L1, 4:00-5:00 PM&lt;br&gt;Zoom and FB Live (Isabelle)</td>
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<td><strong>Yoga</strong>&lt;br&gt;L1/2, 5:00-6:00 PM&lt;br&gt;Zoom (Stephanie)</td>
<td><strong>Gentle Yoga &amp; Creative Expression</strong>&lt;br&gt;L1, 4:00-5:30 PM&lt;br&gt;Zoom (Mona)&lt;br&gt;(Need paper, pen or pencil, crayons or pastels)</td>
<td><strong>Total Body Challenge</strong>&lt;br&gt;L1/2, 5:15-6:15 PM&lt;br&gt;Zoom (Jacinta)</td>
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<td><strong>Dance Cardio Party</strong>&lt;br&gt;M2, 6:10-6:50 PM&lt;br&gt;Zoom (Meghan)</td>
<td><strong>Mat Pilates</strong>&lt;br&gt;M2/3, 5:10-5:50 PM&lt;br&gt;Zoom (Peter S.)</td>
<td><strong>Mat Pilates</strong>&lt;br&gt;M2/3, 6:10-6:50 PM&lt;br&gt;IG Live (Pam)</td>
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<td><strong>Kickbox Fitness</strong>&lt;br&gt;M2/3, 6:00-6:40 PM&lt;br&gt;Zoom (Peter S.)</td>
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**Important Notes**

*To receive Zoom Meeting IDs and Passcodes, you must register for a FREE Fitzones membership at secure.recreation.ucla.edu under Memberships & Passes

*Schedule subject to change. Check for live updates using the link at bottom of your confirmation receipt throughout the quarter.

**Legend**

- FitZone In-person classes
- Zoom classes
- Virtual classes

**Directions to CHS/Semel 8th floor rooftop patio:**

The “H” elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance.

Take “H” elevators to 7th floor and use stairwell to get all the way up to 8th floor (only one of the six “H” elevators goes all the way up to the 8th floor). Then find door out to the rooftop patio.

**UCLAREC**

recreation.ucla.edu/groupx

Choose Your Workout

**Complexity of Choreography**

L Low  M Medium  H High

**Exercise Intensity**

1 Low  2 Medium  3 High

**Instagram Live:**

instagram.com/uclarec

**Facebook Live:**

facebook.com/uclarec

REV: 6/22  *Schedule subject to change.*
## FITZONES VIRTUAL & IN-PERSON DROP-IN FITNESS & YOGA PASS

**SUMMER 2022 | SESSION C | AUGUST 1 - SEPTEMBER 11 | NO CLASSES ON 9/3, 9/4, AND 9/5**

<table>
<thead>
<tr>
<th>MONDAY</th>
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| **CORE DE FORCE**  
M2, 12:10-12:50 PM  
ZOOM (COURTNEY) |
| **DANCE CARDIO & CONDITIONING**  
M2, 12:10-12:50 PM  
ZOOM (IKU) |
| **DANCE CARDIO PARTY**  
M2, 12:10-12:50 PM  
ZOOM (MEGHAN) |
| **YOGA**  
L1/2, 5:00-6:00 PM  
ZOOM (STEPHANIE) |
| **MAT PILATES**  
M2/3, 5:10-5:50 PM  
ZOOM (PETER S.) |

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<th>TUESDAY</th>
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| **GENTLE YOGA & MOVING MEDITATIONS**  
L1/2, 7:00-8:00 AM  
ZOOM (KATHY M.) |
| **TAI CHI & QI GONG**  
L1, 11:30 AM-12:30 PM  
ZOOM (PETER A.) |
| **CHAIR YOGA FOR THE OFFICE**  
L1, 12:00-1:00 PM  
ZOOM (KATHY M.) |
| **YOGA**  
M2, 12:15-12:55 PM  
CHS 8TH FLOOR ROOFTOP PATIO (MANDY) |
| **GENTLE YOGA & CREATIVE EXPRESSION**  
L1, 4:00-5:30 PM  
ZOOM (MONA)  
(NEED PAPER, PEN OR PENCIL, CRAYONS OR PASTELS) |

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<th>WEDNESDAY</th>
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| **YOGA**  
L1/2, 12:00-1:00 PM  
ZOOM (STEPHANIE) |
| **RESTORATIVE YOGA**  
L1, 4:30-6:00 PM  
ZOOM (MONA) |
| **DANCE CARDIO & CONDITIONING**  
M2, 12:10-12:50 PM  
ZOOM (IKU) |
| **DANCE CARDIO PARTY**  
M2, 12:10-12:50 PM  
ZOOM (MEGHAN) |
| **TOTAL BODY CHALLENGE**  
M2, 12:15-12:55 PM  
CHS 8TH FLOOR ROOFTOP PATIO (IKU) |

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<th>THURSDAY</th>
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| **GENTLE YOGA & MOVING MEDITATIONS**  
L1/2, 8:00-9:00 AM  
ZOOM (KATHY M.) |
| **TAI CHI & QI GONG**  
L1, 11:30 AM-12:30 PM  
ZOOM (PETER A.) |
| **DANCE CARDIO PARTY**  
M2, 12:10-12:50 PM  
ZOOM (MEGHAN) |
| **DEEP STRETCHING & RELAXATION**  
L1, 4:00-5:00 PM  
ZOOM AND FB LIVE (ISABELLE) |

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<th>FRIDAY</th>
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| **ALEXANDER TECHNIQUE STRESS & TENSION RELEASE BREAK**  
L1, 11:30-11:45 AM  
FB LIVE (KOSTA) |
| **INTRO TO ALEXANDER TECHNIQUE**  
L1, 12:00-1:00 PM  
ZOOM (KOSTA) |
| **MAT PILATES**  
M2/3, 6:10-6:50 PM  
ZOOM (PETER S.) |
| **KICKBOX FITNESS**  
M2/3, 6:00-6:40 PM  
ZOOM (PETER S.) |

### Important Notes
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- Schedule subject to change. Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

### Directions to CHS/Semel 8th floor rooftop patio:
The “H” elevators are in the Semel Institute/CHS building on C level closest to Westwood Blvd entrance. Take the “H” elevators to 7th floor and use stairwell to get all the way up to 8th floor (only one of the six “H” elevators goes all the way up to the 8th floor). Then find door out to the rooftop patio.

**Choose Your Workout**
- **Complexity of Choreography**  
  - L Low  
  - M Medium  
  - H High
- **Exercise Intensity**  
  - 1 Low  
  - 2 Medium  
  - 3 High

**Legend**
- FitZone In-person classes
- Zoom classes
- Virtual classes

*Schedule subject to change.*

**Instagram Live:**
instagram.com/uclarec

**Facebook Live:**
facebook.com/uclarec

**REV: 6/22**
ALEXANDER TECHNIQUE STRESS & TENSION
RELEASE BREAK
The Alexander Technique will help you release tension, stress and pain in the body while learning to create optimal posture and movement mechanics. Great for tips and guidance around working from home and at your desk.

CHAIR YOGA FOR THE OFFICE
A gentle yoga flow mostly done while sitting in a chair and utilizing a desk or table. For some movements standing will be optional. Modifications provided for all abilities.

CORE DE FORCE
A mixed-martial arts inspired workout that focuses on core conditioning and dynamic movements. Modifications for every movement are provided making it suitable for various levels of ability and intensity. No equipment needed.

CORE YOGA FLOW
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DANCE CARDIO PARTY
A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

DANCE CARDIO & CONDITIONING
A fun dance cardio workout integrated with conditioning exercises like squats, lunges, push-ups and more. Enjoy easy to follow dance choreography in a variety of styles to a wide range of fun music hits!

DEEP STRETCHING & RELAXATION
Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

FUNCTIONAL YOGA
This class integrates yoga postures, mobility movements and corrective exercises targeting specific regions of the body to increase mobility and strength while support functional movement patterns in the body. Recommended props - blocks, strap or bath towel and blanket.

GENTLE YOGA FLOW & CREATIVE EXPRESSION
Gentle Yoga & Creative Expression has a foundation in meditative Hatha yoga. Expressive drawing, creative movement, and writing facilitate exploration, discovery, healing, and celebration in the sacred space we create together.

GENTLE YOGA & MOVING MEDITATIONS
A blend of yoga poses and rhythmic movement sequences that are gentle on the body and thoroughly mobilize and energize you for the day.

INTRO TO ALEXANDER TECHNIQUE DROP-IN
Release stress tension and pain in the body while learning optimal posture and movement mechanics. Un-learn bad habits you’ve formed over time and be empowered with tools and techniques to help you re-establish good habits and restore your body’s optimal alignment and movement patterns.

KICKBOX FITNESS
Alternating segments of cardio kickboxing with athletic conditioning skills. Great total body and brain workout!

MAT PILATES
Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

PIYO
The perfect combo of Yoga and Pilates based moves, set to upbeat music.

RESTORATIVE YOGA & MEDITATION
Using props to support you with a sense of ease and comfort, restorative yoga facilitates deep relaxation, well-being and resilience. It rebalances our energy and helps to release tension on a physical, mental, and emotional level.

TAI CHI & QI GONG
The ultimate purpose of tai chi is cultivate the “qi” or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

TOTAL BODY CHALLENGE
A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

YOGA
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA FLOW
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

ZUMBA
A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.